

February's GMS of the Month

## Highland Park Elementary

Principal: Sue Parker

School Coordinator: Jackie Parker

Mentor: Chrystal Brewer

Highland Park Elementary School was torn down last year. This year the students are being bussed to a temporary school, which is too small for the student body. The staff and students not only lost their beautiful large school, but also had a change in the principal, many teacher changes and many program's had to be cut. The change was very hard for everyone and morale was low.



Sue Parker, Margret Snow

Then the Holiday Weigh In Program was introduced to the staff. At first many of the teachers did NOT want to participate but once they got started everyone got involved. The day after weigh in, healthy treats had replaced the usual treats and candy in the faculty room. The buzz around the school was to watch what you're eating! There was even some playful competition. People were providing their teammates with healthy treats while giving opposing team members fattening treats. The staff started to bond as they worked together to maintain their weight, which was just what the school's morale needed.

When it was time to weigh out everyone was excited to see which team had won. The competition between teams lasted up until the last minute. Sue Parker, Highland Park's principal, handed out chocolates to everyone in line who WAS NOT on her team! The first person to be weighed received cheers from everyone for losing 4 pounds and the cheers continued as it was realized that 90% of the participants lost weight. Overall the participants lost 130 pounds.

Every participant asked that the Holiday Weigh In be offered again next year, or even later this year. It helped everyone physically and emotionally. It's like the staff received a miracle antibiotic and is ready to face another term!



The Winning Team

Here are some quotes from Highland Park's Holiday Weigh In Participants.

"I didn't even have to say NO to any holiday favorites, I just ate less because I knew my team was depending on me."

"I've lost a lot of weight through a diet I'm on, but had plateaued. The maintain not gain program gave me the boost I needed to burst through the plateau and handle the holiday eating with NO PROBLEMS!"

"Hey, I just ate as normal, but then went out for some quiet time, walking each day, I feel more ready to come back to teach now than I have in the past 15 years."

"When I tried a new candy, and didn't like it, I realized, I don't have to eat this, so I spit it out! Sounds so simple, but it was such a break through"

Visit Highland Park's Website <http://highlandpark.slc.k12.ut.us/>